

OCT 31 2006

P7201

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like that there's more
choices with whole grains and
vegetables. Tuna too.

What I like least about the proposed changes is

Reductions in Juices

Thank you for reading my comments.

Sincerely,

Albert Ochoa
WIC Participant

Riverside County, California

OCT 31 2006

P7202

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

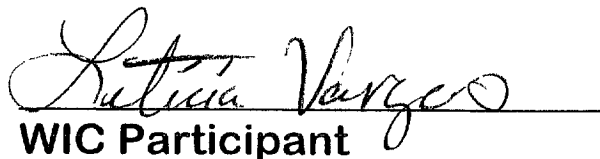
is that you added corn tortillas.

What I like least about the proposed changes is

The part where you took out 1/6 of Cheese.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P 7203

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

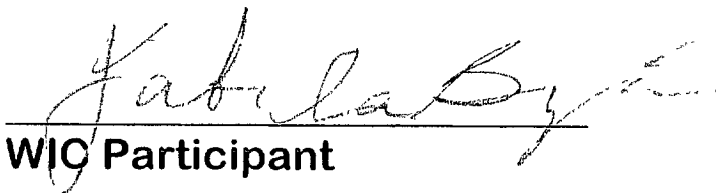
Adding vegetables

What I like least about the proposed changes is

Less Milk and Juice

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P 7204

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is


fruits and vegetables & whole grains
added - very excited about that

What I like least about the proposed changes is

reducing cheese and eggs

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

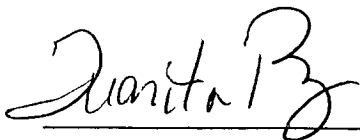
What I like most about the proposed changes is

Fresh fruit is great and best
for my children

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

They add more Proposed fruits and vegetables, Nutrition

What I like least about the proposed changes is

They took away more of the juice and add fresh fruits, and vegetables.

Thank you for reading my comments.

Sincerely,

angelina Varga
WIC Participant

Riverside County, California

OCT 31 2006

p 7207

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That we could choose from different
items

What I like least about the proposed changes is

not being to eat different Juices

Thank you for reading my comments.

Sincerely,

Yolanda Chiles
WIC Participant

Riverside County, California

OCT 31 2006

P7208

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That ~~you~~ your adding the
fruits and vegetables and the bread
+ or till

What I like least about the proposed changes is

That we taking one carton of
eggs, and it looks that you also
taking some milk of too.
Thank you for reading my comments.

Sincerely,

Veronica Hernandez
WIC Participant

Riverside County, California

OCT 31 2006

P7209

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that you are adding a
different choice such as
fruit which is healthy and
bread. (yummy)

What I like least about the proposed changes is

that we get 1-15 eggs
and milk w/ cheese.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P 7210

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fruits, vegetables

What I like least about the proposed changes is

less juice

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P 7211

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

*it will have vegetables
and will be able to go to any
store.*

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,

E Mendez
WIC Participant

Riverside County, California

OCT 31 2006

P7212

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I think it's great that vegetables will be available along w/ fruit

What I like least about the proposed changes is

less eggs

Thank you for reading my comments.

Sincerely,

Latresha Harris

WIC Participant

Riverside County, California

OCT 31 2006

P7213

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

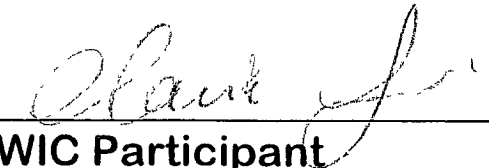
I do like proposed changes but very much dislike for the fruits to be frozen or in can.

What I like least about the proposed changes is

The fruits being frozen or in can.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7214

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

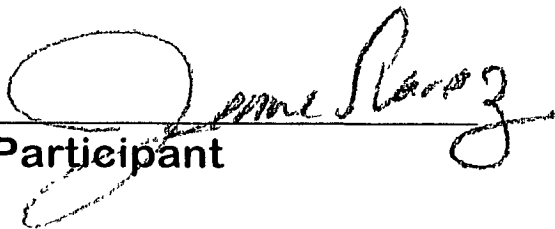
the fruits and veggies

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p7215

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

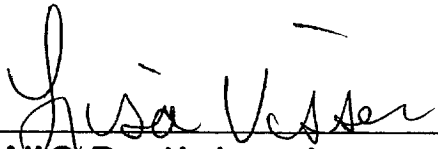
I like that they added fruits and vegetables.

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7216

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

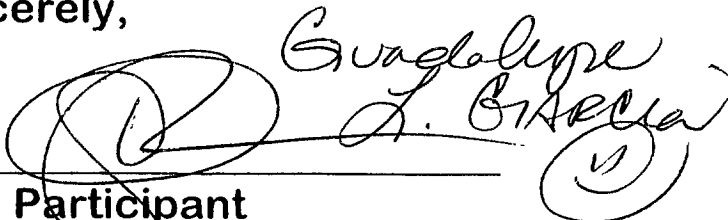
I will be able to provide my baby with fruits which he eats now (9mo) & does not get. & more variety of foods, Breads etc —

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

p7217

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

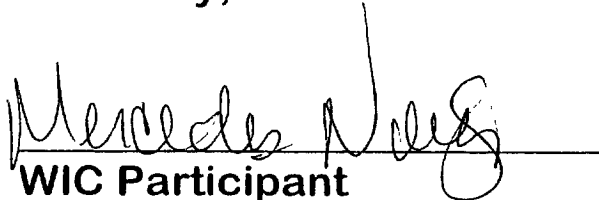
I love the fact that the State is proposing to add fruits and veggies, because a lot of times, the prices are so high that my kids don't get the amount of fruits, & veggies, that are needed.

What I like least about the proposed changes is

I like all the changes, so far.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7218

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That theres more Brains

What I like least about the proposed changes is

none

Thank you for reading my comments.

Sincerely,

Manuel Moreno

WIC Participant

Riverside County, California

OCT 31 2006

P 7219

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is


Healthier food options

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7220

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The money and the ability
to visit any store.

What I like least about the proposed changes is

nothing. I think the changes
are a good and positive thing.

Thank you for reading my comments.

Sincerely,

Christina Zeller

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that I will now be able to
purchase fruits + vegetables w/ wic coupons,
because they are very expensive.

What I like least about the proposed changes is

nothing, I think it will be a good
change.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7222

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I think its a very good Idea
to add veggies to the wic program
for the children. ~~better~~

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,

Ana & Margy
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

You can make a wider variety of meals with the new proposed foods.

What I like least about the proposed changes is

I don't like not having Vitamin D whole Milk as an option for my milk.

Thank you for reading my comments.

Sincerely,

Chris Gentry
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The proposed changes helps me keep my family healthier and makes it more cost effective to provide fruits and veggies.

What I like least about the proposed changes is

I think the proposed changes are great! I do not see a downside to it. There is nothing I like least.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P7225

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That it has fruit and veggies.

What I like least about the proposed changes is

Well the only thing I don't like is
the less eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7226

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

*I personally like the idea
of fruit & veg.*

What I like least about the proposed changes is

won't be able to get whole milk.

Thank you for reading my comments.

Sincerely,

N. P. P.
WIC Participant

Riverside County, California

OCT 31 2006

P7227

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

FRUIT / VEGGIES ARE HEALTHIER

What I like least about the proposed changes is

NOT APPLICABLE

LEFT THE 2 DOZEN EGGS

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7228

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

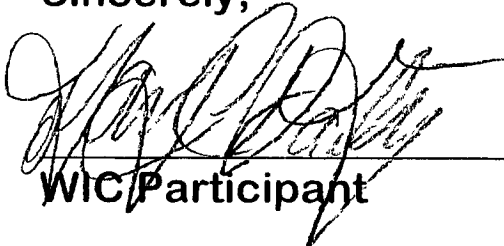
VARIETY IN CHOICE AND UPDATED NUTRITIONAL
GUIDELINES

What I like least about the proposed changes is

LESS EGGS / CHEESE

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P7229

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

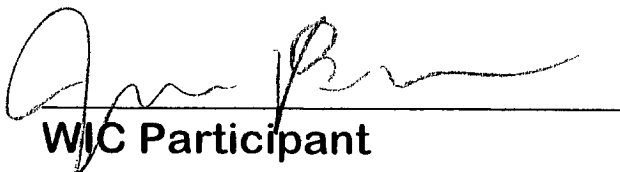
adding fruit + veggies + grains

What I like least about the proposed changes is

~~that~~ I would like to see more \$ for the new additions

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P7230

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that they would add
corn tortillas and fruits &
vegetables

What I like least about the proposed changes is

less eggs and cheese

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7231

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that it has less juice and some Fruits
& veggies

What I like least about the proposed changes is

that there's less milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7232

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like that we get
More Veggie's

What I like least about the proposed changes is

that we don't get 4 gallons
of milk

Thank you for reading my comments.

Sincerely,

Monica C. Ortega

WIC Participant

Riverside County, California

OCT 31 2006

P 7233

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like that we could get fruits & veggie bread & tortillas would help!

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Stephanie Craik
WIC Participant

Riverside County, California

OCT 31 2006

P7234

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

We're going to be able to get tortillas and fruit

What I like least about the proposed changes is

There's going to be less milk and juice

Thank you for reading my comments.

Sincerely,

Esperanza Pompa

WIC Participant

Riverside County, California

OCT 31 2006

P7235

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

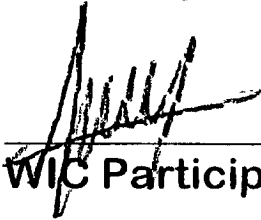
I think is much better because
is more healthy.

What I like least about the proposed changes is

Well I just don't know how to
cook Tofu.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P 7236

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that there is more fruit
and vegetables.

What I like least about the proposed changes is

that there will be less
milk - but I agree with
the proposal.

Thank you for reading my comments.

Sincerely,

Dick Onelas
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The addition of fruit & vegetables

What I like least about the proposed changes is

Reduction of milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7238

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

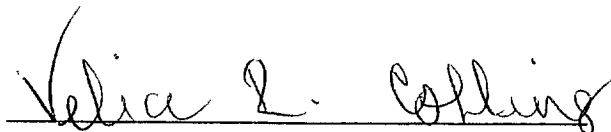
that you are offering whole grains.

What I like least about the proposed changes is

that you are offering less cheese & milk.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P 7239

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

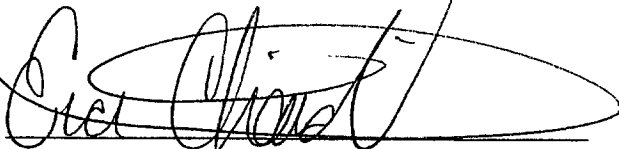
what their giving now and I will not like it to change.

What I like least about the proposed changes is

The least I like is that change ^{There what to} ^{Our mea} ~~they~~ ^{like it the} ~~it is~~ ^{why it is}.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P7240

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The Bread and Fruit. and I like

the oat meal


What I like least about the proposed changes is

There is no white Bread only

whole wheat Bread.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P7241

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That you get fruit now

What I like least about the proposed changes is

nothing I think its a fantastic idea

Thank you for reading my comments.

Sincerely,

Natasha Contreras

WIC Participant

Riverside County, California

OCT 31 2006

P7242

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that my child will be more healthy and
he will get a little grain each food
group.

What I like least about the proposed changes is

I feel I am getting less food

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7243

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

options to get fruits + veggies, lessing the amount of sugar intake of children

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7244

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the addition of cereal and fruits & veggies.

What I like least about the proposed changes is

*that there will be less eggs and ~~dressed~~
cheese*

Thank you for reading my comments.

Sincerely,

Jana Holland
WIC Participant

Riverside County, California

OCT 31 2006

p7245

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

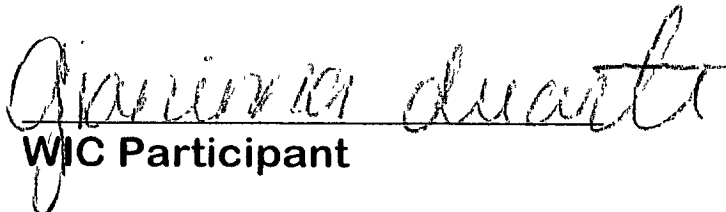
that they would be opening up
~~for~~ fruits and vegetables, for
our kids to eat.

What I like least about the proposed changes is

the cut back on certain foods
like the juices.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7246

Dear Friends at US Department of Agriculture;

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like the idea of adding fruit, it just makes it easier on me. ~~that~~ I personally prefer fruits.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely, Maria Swan

WIC Participant

Riverside County, California

OCT 31 2006

P7247

~~OCT 31 2006~~
Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is
now you can make a complete meal w/ WIC items.
I think the bread and 'fresh' fruits + veggies
is a wonderful idea.

What I like least about the proposed changes is

only getting 1 dozen eggs. My children love
eating eggs for breakfast, and even hard
boiled for snacks or w/ dinner.

Thank you for reading my comments.

Sincerely,

J Underwood
WIC Participant

Riverside County, California

OCT 31 2006

P 7248

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

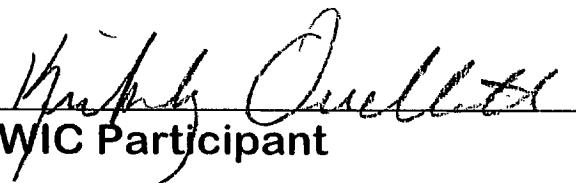
I like the fact that there is now
bread & tortillas also fruit that would be
available.

What I like least about the proposed changes is

I'm not to sure about the tofu or
the no white potatoes. I really enjoy
white potatoes. Other than that the new
proposal is good.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2008

p7249

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the idea of adding the new food group to our WIC package, fruits & veggies are a great combination as well as the Bread & tortillas.

What I like least about the proposed changes is

the 2% or less fat milk for 2-5 year olds, some children don't drink as much milk as needed, & we are also getting less milk

Thank you for reading my comments.

Sincerely,

Martha E. Villagran

WIC Participant

Riverside County, California

OCT 31 2006

P7250

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

What I like the most about the

proposed changes are the whole

grain breads, cereal, ~~and~~ the corn tortillas
~~& and~~ the fruit and vegetables

What I like least about the proposed changes is

What it like the least is that your
taking away 1lb of cheese

Thank you for reading my comments.

Sincerely,

Paula Chapia
WIC Participant

Riverside County, California

OCT 31 2006

p 7251

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That your making a meal out of the wic
and that your are giving Fruit & ~~to~~ vegetables
and taking out some of all the dairy to but tortillas.

What I like least about the proposed changes is

the brown rice and the whole grain cereal
when the cereal could stay the same and
that is going to be less milk. ~~over~~

Thank you for reading my comments.

Sincerely,

Adilene Arroyo
WIC Participant

Riverside County, California

OCT 31 2006

P7252

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The variety of different fruits, veggies
and tortillas.

What I like least about the proposed changes is

less milk, eggs

Thank you for reading my comments.

Sincerely,

Camelia Alon

WIC Participant

Riverside County, California

OCT 31 2006

P7253

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fruits, vegetables, whole grains.

What I like least about the proposed changes is

TOFU.

Thank you for reading my comments.

Sincerely,



WIC Participant

Martha Avalos

Riverside County, California

OCT 31 2006

P 7254

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

it promotes healthier eating for all who participate in the WIC Program.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

Shavae Prios

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

What I liked the most is that there is a proposed
to offer fruits and grains. I like that if passed
you will offer a more nutritional menu.

What I like least about the proposed changes is

What I like least is that you will cut down on cheese
and juices

Thank you for reading my comments.

Sincerely,

Ana Montano
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Whole grain Choices

Fresh Fruit

What I like least about the proposed changes is

Reduced milk and Cheese

Thank you for reading my comments.

Sincerely,

Alyssa M. Grant

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The whole grains

What I like least about the proposed changes is

I would like the Cheese to stay the same

Thank you for reading my comments.

Sincerely,

Joshua Atanistae
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

it provides more things

What I like least about the proposed changes is

I would like the cheese to stay the
same

Thank you for reading my comments.

Sincerely,

Marcy Lopez
WIC Participant

Riverside County, California

OCT 31 2006

P7259

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

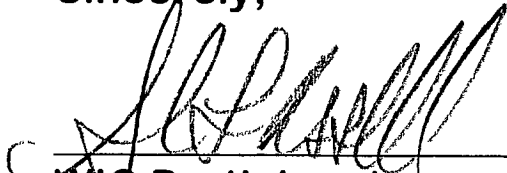
That you have added wheat cereal

What I like least about the proposed changes is

The less milk

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P7260

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like the idea of adding fresh
fruits and veggies and adding More grain
to our diet. I certainly Love the Idea.

What I like least about the proposed changes is

there really isn't anything that I dislike about
this proposal.

Thank you for reading my comments.

Sincerely,

Graciela Flores
WIC Participant

Riverside County, California

OCT 31 2006

P 7261

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I have more of A variety to choose
from, More to Complete A family Meal.

What I like least about the proposed changes is

That it could take up to A year
To be Approved.

Thank you for reading my comments.

Sincerely,

Maria G Serrato
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the addition of fruits, ~~and~~ veggies, and
bread to the checks and how they
are more diverse to a changing culture.

What I like least about the proposed changes is

Nothing.

Thank you for reading my comments.

Sincerely,

Yvonne Rodriguez
WIC Participant

Riverside County, California

OCT 31 2006

p7263

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Tortillas and bread have been added.

What I like least about the proposed changes is

The change of cereal, lesser amount of eggs and cheese

Thank you for reading my comments.

Sincerely,

Lylie Lara
WIC Participant

Riverside County, California

OCT 31 2006

P7264

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

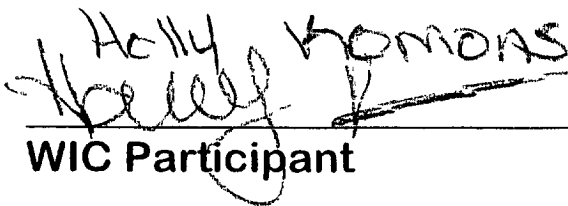
That you make it easier to
Give children healthy foods.

What I like least about the proposed changes is

Nothing it's all better
and healthier for my child.

Thank you for reading my comments.

Sincerely,

Holly Thomas


WIC Participant

Riverside County, California

P7265

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that fruits & veggies are included

What I like least about the proposed changes is

that cheese and milk were

reduced. I feel cereal should be

reduced and cheese and milk should
be increased.

Thank you for reading my comments.

Sincerely,

Alexandra Mitchell
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

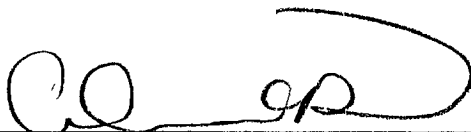
That you are adding fruits & vegetables and grains.

What I like least about the proposed changes is

The reduction on the milk & cheese.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7267

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Vegetables & Fruits
and bread, tortillas

What I like least about the proposed changes is

Cheese, milk & eggs

Thank you for reading my comments.

Sincerely,

Vanessa Sandoval
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

\$6.00 worth of vegetables & fruits
and bread, tortillas

What I like least about the proposed changes is

1lb of cheese & eggs

Thank you for reading my comments.

Sincerely,

Janet Sandovar
WIC Participant

Riverside County, California

P7269

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

vegetables & fruits

What I like least about the proposed changes is

cheese, eggs

Thank you for reading my comments.

Sincerely,

Michael Sandova

WIC Participant

Riverside County, California

P 7270

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fruits & veggies

What I like least about the proposed changes is

total!!!

Thank you for reading my comments.

Sincerely,

Dana Blanco

WIC Participant

Riverside County, California

p7271

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that grains are offered & fruits and vegetables.

What I like least about the proposed changes is

that the eggs and juice are being cut. It would be nice to continue the way it is.

Thank you for reading my comments.

Sincerely,

Sammy Jackson
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I would like to more milk.

What I like least about the proposed changes is

I would like to cheese 2 lb

Thank you for reading my comments.

Sincerely,

Bakshish I come

WIC Participant

Riverside County, California

P7273

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That you've added the whole grains and
fruits and veggies!

What I like least about the proposed changes is

That the eggs & cheeses will be decreased.

Thank you for reading my comments.

Sincerely,

Mystik Hamby
WIC Participant

Riverside County, California

P7274

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Is the changes for the vegetarians
and the choice of fruits + vegetables,
grains

What I like least about the proposed changes is

is the reduction of Cheese, milk eggs
and Juice

Thank you for reading my comments.

Sincerely,

Ayden Wilcox
WIC Participant

Riverside County, California

OCT 31 2006

P7275

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The Current Package

It has more milk and eggs and juices.

What I like least about the proposed changes is

The proposed USDA package

Thank you for reading my comments.

Sincerely,

Veronica Diaz
WIC Participant

Riverside County, California

OCT 31 2006

P7276

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

They have Variety of fruits
and Vegetables.

What I like least about the proposed changes is

fruits

Thank you for reading my comments.

Sincerely,

Ana Costa

WIC Participant

Riverside County, California

P 7277

NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is I think fruits & veggies is the
best way to go to get kids started in the right
direction
What I like least about the proposed
changes is nothing

Thank you for reading my comments.

Sincerely,

Jennifer DeBrunner
WIC Participant

9/18/06
Date

NOV 01 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the fresh fruit & vegetables

What I like least about the proposed
changes is nothing, it seems very well rounded

Thank you for reading my comments.

Sincerely,

Wanda Davis Dylles
WIC Participant

3 October 2006
Date

P7279

NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is get beeler food

What I like least about the proposed
changes is don't know

Thank you for reading my comments.

Sincerely,

Kayla Morris
WIC Participant

9-21-06
Date

P 7280

NOV 02 2005

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is

that you can give my family
more fruits. Great idea!

What I like least about the proposed
changes is

n/a

Thank you for reading my comments.

Sincerely,



WIC Participant

9-15-06

Date